

Louisiana Green Beans

Makes: 4 servings

Ingredients

1/4 cup onion (chopped)

1/4 cup green pepper (chopped)

1/2 cup celery (chopped)

2 cans green beans (16 ounces each, drained)

1 can tomatoes (15 ounces)

Directions

1. Peel and chop the onion.
2. Chop the green pepper and celery.
3. Drain the liquid from the green beans. Rinse with water.
4. Put the green beans in a saucepan. Add enough water to cover them
5. Cook the green beans on low heat until tender. Then drain off the water.
6. Combine all the ingredients in a skillet.
7. Cook over medium heat for 15 minutes, until the celery is tender and the food is hot.

Source: Pennsylvania Nutrition Education Program, Pennsylvania Nutrition Education NetworkWebsite Recipes

Nutrition Information

Nutrients	Amount
Calories	70
Total Fat	1 g
Saturated Fat	0 g
Cholesterol	0 mg
Sodium	580 mg
Total Carbohydrate	13 g
Dietary Fiber	6 g
Total Sugars	5 g
Added Sugars included	N/A
Protein	3 g
Vitamin D	N/A
Calcium	N/A
Iron	N/A
Potassium	N/A
N/A - data is not available	